



Community and Family Life in the California Alps

Summer 2023

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*Masthead photo courtesy of  
Alpine County photographer  
Todd Branscombe.*  
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## Say Hello to Summer

### Tips on how to get the best out of Summer!

*By Jackie Springer*

**Summer has never looked so good.** After a long hard winter, everyone is excited to see the sun and the warmth it brings. As we gear up for a fun-packed summer, we must remember to be safe, drink lots of water, and eat healthy. Here are some tips to help ensure a fun-filled summer while practicing safety while caring for your body and mind.

- **Swim Smart:** Children aren't the only ones who must practice safe swimming. Don't overestimate your swimming abilities and avoid swimming alone, especially where there are reported strong currents in natural bodies of water.
- **Wear Sunscreen Daily:** Use sunscreen daily to reduce your risk of skin cancer. "The American Academy of Dermatology recommends applying sunscreen with an SPF of 30 or higher". Also, be sure to wear a hat, sunglasses, and long-sleeved clothing when outside for an extended period.
- **Drink Plenty of Water:** Staying hydrated is essential for your body to function, especially during the hot months. That's because fluids are lost through sweat. If you plan on spending lots of time outside, take a water bottle with you.
- **Use Bug Spray:** "Protect yourself from diseases spread by mosquitoes and ticks like dengue fever, malaria, West Nile Virus, and Lyme disease by wearing bug repellent." In addition to bug spray, you can minimize bug bites by wearing long-sleeved clothing and mosquito netting.
- **Boat Safely:** Make sure there are enough life vests for all onboard. Ensure you've checked the weather before going out and during to avoid storms.
- **Eat Healthy Foods:** Summertime offers the best veggies and fruits. Eating foods with high water content will help you stay hydrated. Think melons, lettuce, and cucumbers.
- **Give Wildlife its Space:** Wildlife can be unpredictable and bite out of fear or defense; that goes for snakes, bears, bees, birds, deer, and other roaming critters. Be sure to give all wildlife you encounter this summer season plenty of space.
- **Do What You Love:** Finding joy in life and its activities is one of the best ways to keep yourself mentally and physically young. Whether going out golfing with friends, playing with your grandkids, painting, or hiking, it's essential to rest and relax this summer.

Resources: <https://info.totalwellnesshealth.com/blog/summer-safety-tips>



# INTRODUCING ALPINE COUNTY'S Forest Health Community Working Group

By Kimra McAfee, Executive Director



Since the Tamarack Fire, AWG's focuses of restoration, monitoring, and community outreach and education have pivoted to post-fire topics. While public land managers worked to plan and complete environmental compliance for post-fire restoration projects, AWG helped recruit and lead volunteers in smaller, quick-action projects like seeding the Musser and Jarvis drainage and planting trees on Forest Service lands. We've been working with California State Parks on post-fire monitoring at Grover Hot Springs State Park, and this year we'll enlist volunteers to help monitor the survival rates of the trees our watershed community planted in spring 2022. We've had multiple chances to come together as a community at public meetings to learn about post-fire restoration.



It is critical that we as a community also continue discussing how we want our forest to be in the long-term future—both our blackened forest and our green forest. As a start, over the last few months, AWG Headwaters Coordinator Rachel Kieffer and I have been meeting regularly with Alpine Fire Safe Council, Alpine Biomass Collaborative, CALFIRE, Bureau of Land Management, US Forest Service, and others under the leadership of Alpine County Wildfire Project Coordinator Clint Celio. We are the Forest Health Community Working Group, and our mission is to create fire-safe communities and restore our forests and watersheds to a healthy and resilient state. We engage community members and local groups to provide educational opportunities and civil discourse so that we can make progress on living amidst a more resilient forest.



As a group, we have been working to set up various opportunities so that we, as a community, can discuss forest health and wildfire issues. Below is a list of upcoming events. Please bookmark the Forest Health Community Working Group webpage on Alpine County's Wildfire Risk Mitigation website section: [www.alpinecountyca.gov/699/Forest-Health-Community-Work-Group](http://www.alpinecountyca.gov/699/Forest-Health-Community-Work-Group)

## Public Meeting: Restoration Projects in the Tamarack Fire Burn Area

Tuesday, June 27, 5:30 p.m., Turtle Rock Park Community Center

## Field Trip on Fire History and Forest Health in Eastern Alpine County

Wednesday, July 19, 5:00 p.m., Starting at Turtle Rock Park Community Center

## Field Trip #2

Saturday, August 26, details forthcoming

AWG is extremely grateful to Sierra Nevada Conservancy for providing funding so that your local watershed group can help expand Alpine County's capacity to move toward a more resilient forest. If you aren't already getting AWG's newsletter, please visit [www.alpinewatershedgroup.org/](http://www.alpinewatershedgroup.org/) email-bulletin to sign up to receive monthly updates on all things related to forest and watershed health. And please save the date for Creek Day 2023 on Saturday, September 23!



*On April 28, over 100 people came together at Turtle Rock Park for Arbor Day to learn about post-fire restoration activities, plant trees, and provide input on a revision Turtle Rock Park.*

*Photos courtesy of [www.katyjphoto.com](http://www.katyjphoto.com)*



**Want to stay abreast on what AWG does throughout the year?** Visit [www.alpinewatershedgroup.org/email-bulletin](http://www.alpinewatershedgroup.org/email-bulletin) to sign up for our monthly newsletter. While you're there, visit our Programs and Creek Day pages to see more information on specific projects, and check out the Get Involved tab to find out what volunteer opportunities there are and how to donate. Feel free to reach out for more information at [awg.rachel@gmail.com](mailto:awg.rachel@gmail.com).



# Protective Factors against Suicide in Native Youth and Young Adults

*“If we are trained in the ways of bears, we know how to avoid them and the dangers they present. A community working together also can drive the bear away.”*

*To Live To See The Great Day That Dawns* is an excellent publication on suicide prevention for young Native Americans written for the U.S. Department of Health and Human Services. It encourages us to think about protective factors and risk in terms of how they may set back or help people as they travel along life's path: "Protective factors, such as close family bonds, are like roadmaps that help a person stay safely on the correct path. Risk factors, such as substance abuse, are like detours and potholes that can cause a person to stumble off or along the path. Suicide occurs when a person becomes so lost and hopeless that he or she gives up hope of ever finding the way back or reaching a destination and ends their journey forever."

Research shows that in suicide prevention efforts, focusing on protective factors is just as effective as prioritizing and decreasing the risks. It's worth to note that protective factors have a cumulative effect: the larger the number of safeguarding factors a person is exposed to, the smaller the risk of suicide. A study suggests that one of the strongest factors that protect Native youth and young adults against suicidal behavior is their sense of belonging to their culture, family, and community. When young people feel connected, their ability to cope with life's challenges becomes stronger, which in turn helps them achieve their full potential as individuals and members of the community and avoid suicidal behavior.

To guide the youth, Native communities may wish to identify and incorporate aspects of their culture that will help reduce the risk of suicide. These aspects include "(...) spiritual beliefs, traditional values and healing methods, spiritual and cultural continuity, and ensuring their young people have a valued role in preserving their heritage. In addition, communities might wish to encourage and support life skills and coping skills that help prepare youth to live successfully in a bicultural world."

What other ways the Elders and adults can guide and help the youth cope with the roadblocks on their life paths? Ensuring that young people have easy access to effective behavioral health care and appropriate clinical care for mental, physical, and substance abuse disorders is crucial. Another way is to restrict access to highly lethal methods of suicide, like firearms or pills, if the situation has reached a critical state.

Trees do fall across our paths. It's up to us to teach the young the skills to cope with this challenge and show them how to remove the trees from their path so they can proceed with their journey.

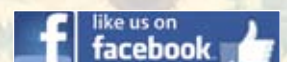
**If you are having thoughts of suicide, do not hesitate to ask for help. Your life is extremely valuable, and people care about you. You are not alone.** Call 988 to get in touch with trained counselors. They will listen, understand how your problems are affecting you, provide support, and connect you to resources. Another crisis line available to Alpine residents 24/7 is 1-800-318-8212. To see a clinician, call Alpine County Behavioral Health Services at 530-694-1816.

**Ewa Czarnecka, Suicide Prevention Network**  
ewa@spnawareness.org www.spnawareness.org



**ALPINE COUNTY PUBLIC HEALTH IS NOW ON FACEBOOK & TWITTER**

**Like us and follow us for up to date information and tips about healthy living and emergency preparedness in beautiful Alpine County!**







# TOBACCO WASTE



## *Photovoice Project*

Middle school and high school students in Alpine County participated in a Photovoice Project, capturing tobacco waste in Alpine County. Tobacco waste is toxic to wildlife and our waterways.



## *Watch Your Butts!*

- Cigarette butts don't break down easily.
- They cause one-third of all fires.
- They are the most littered item in the world.
- Chemicals from cigarette butts get into our waterways, harming wildlife.



## *You Can Make a Difference!*

Individuals can do many things to keep tobacco waste out of our environment. Most importantly, don't smoke or vape. If you do, properly dispose of your tobacco waste. Educate your family and friends about the environmental impact of tobacco products.



**IF YOU WOULD LIKE RESOURCES TO STOP SMOKING PLEASE  
CONTACT ALPINE COUNTY PUBLIC HEALTH AT 530-694-2235  
OR VISIT [WWW.KICKITCA.ORG](http://WWW.KICKITCA.ORG)**



## FAQ'S ABOUT FENTANYL

### WHAT IS FENTANYL?

Fentanyl is a potent prescription synthetic opioid drug approved by the FDA for pain relief and anesthetic. Prescription opioids are powerful drugs with a high risk for dependency.

Fentanyl is 80-100 times stronger than morphine. **A potentially lethal dose of fentanyl is the size of 2 grains of salt.**

### WHY SHOULD I CARE?

This is a national public health crisis. People, especially young people, are ingesting illegally manufactured fentanyl without knowing it and dying at alarming rates as a result.

Fentanyl is very cheap and highly addictive. Drug dealers are dangerously mixing illegally made fentanyl with and disguising it as other common drugs like oxycodone, Percocet, and Xanax to increase profits.

People cannot know what they are getting in illegally purchased drugs, and as little as two milligrams of fentanyl (two grains of sand) can kill a person.

Fentanyl is everywhere: an estimated 250-500 million pills made with fentanyl are in circulation in the U.S. at any time. This doesn't even account for powder drugs made with fentanyl, such as cocaine, MDMA (molly/ecstasy), or heroin.

Fentanyl is being integrated into almost all forms of street drugs. In some cases, dealers purposely add fentanyl to their drugs to reduce costs, enhance the effect of an existing drug, hook their customers, or all three.

### WHAT CAN I DO AS A PARENT OR CAREGIVER?

Don't avoid the topic. Educate yourself about the dangers of fentanyl, and have a conversation with the kids in your life. Youths are dying from a lack of information about this.

There is a significant knowledge gap in youth about fentanyl in drugs. 35% of youth ages 13-17 say they don't know enough about fentanyl and its danger rate and 73% have never heard of fentanyl in counterfeit pills.

Mental health is a crucial factor: 86% of youth 13-17 are overwhelmed, and 79% say anxiety and stress are common reasons to misuse medication. Learn how to notice symptoms and support young people struggling with mental health challenges.

Neither kids today nor their parents are aware of the growing dangers of fentanyl poisoning. Research has shown that kids who have multiple opportunities to discuss the harms of drug use with caring adults fare much better.

Even if substance use is the last thing you need to worry about with your kid or your students, perhaps their awareness could save a friend.

*If you or someone who know is struggling with addiction, contact Alpine County Behavioral Health Services for assistance at*

**530-694-1816**



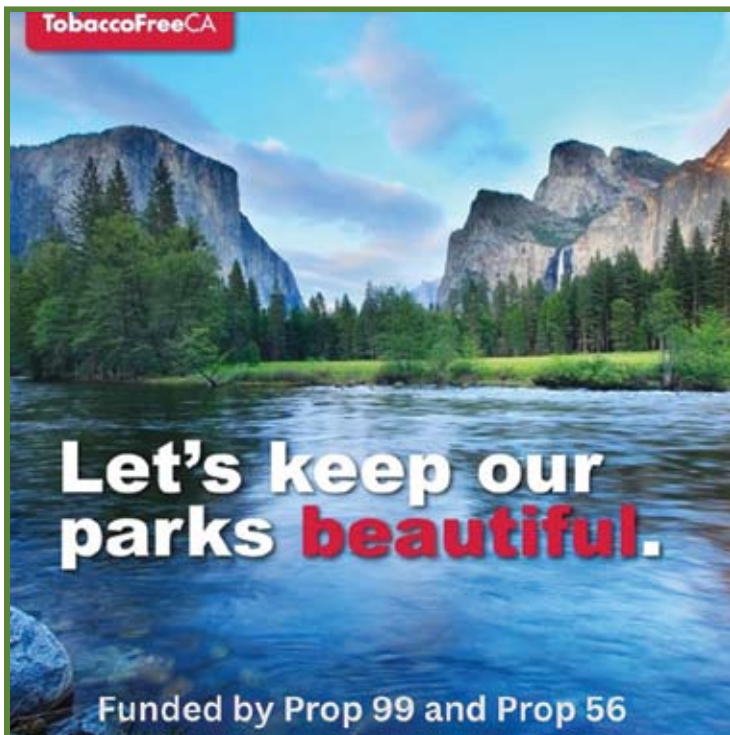
Stay tuned for **NEW WEBSITE** launching later this summer!

[www.first5alpine.org](http://www.first5alpine.org)

**Alpine County  
is Hiring!**

Please visit  
[www.alpinecountycalifornia.gov](http://www.alpinecountycalifornia.gov)  
to view positions and  
to apply.





**Let's keep our  
parks beautiful.**

Funded by Prop 99 and Prop 56

For information on Tobacco Waste,  
contact Alpine County Tobacco Control  
Program at (530) 694-2235.

**2023** Congratulations  
to our Class of 2023  
**ALPINE COUNTY GRADUATES!**

Bear Valley Elementary 5th Grade	Douglas High School
<b>Evelyn S.</b>	<b>Calvin C.</b>
<b>Maya C.</b>	<b>Daniel L.</b>
	<b>Donna O.</b>
Diamond Valley Elementary 8th Grade	<b>Emilio A.</b>
<b>Adriana C.</b>	<b>Kaden M.</b>
<b>Jakovee H.</b>	<b>Kyle L.</b>
<b>Malachi K.</b>	<b>Logan A.</b>
<b>Lauren L.</b>	<b>Sophie M.</b>
<b>Thalia N.</b>	South Tahoe School
<b>Destiny W.</b>	<b>Abigail R.</b>
	<b>Mattison B.</b>

## Alpine Kids' Ministry Summer Events

### July 14th - Antelope Pack Station

Arrive any time after 10 a.m. Lunch around 12:30. Horseback riding, hayride, hiking, games, target shooting (bow & arrow and BB guns), and a sing-along. 5 p.m. Roast Hot Dogs and Marshmallows. You can sit around and do nothing if you like. Bring your own camp chair.

### July 22nd - All About Your

1351 Wilhelm Place Gardnerville, a family day outdoors. Lunch provided.

### August 19th - Stargazing at Markleeville Airport

Arrive between 6:30 and 7 p.m. Kids will be purchasing hamburgers from a local non-profit. Bring a flashlight with a red cover (covers will be provided if you don't have one).

### September 16th - Reno Aces Game

Meet on the front lawn at 2:45, doors open at 3, and the game starts at 4. You will receive a \$15 gift card to purchase food.

**You still have hope if you are looking forward to your next adventure. Join Alpine Kids' Ministry and look forward to many great adventures!**

You do not have to be a Carson Valley United Methodist Church member. The church always welcomes new people. Services are at 8:30 and 10:30. Families will tell you this is the best \$40 a year they have ever spent. Kids operate on donations. Donations are always welcomed.



**Contact Coordinating Director Edie Veatch (775) 781-1416**

**Alpine Kids' Ministry | Carson Valley United Methodist Church**  
1375 Centerville Lane, Gardnerville, NV 89410



## CITIZEN SPOTLIGHT | INTRODUCING MEGAN WOLFF

**Meghan is the new face of the Alpine County Chamber of Commerce, and Meghan comes from the Santa Cruz Mountains.** Growing up in the mountains, Meghan is used to the rural ruggedness of Alpine County and is a small-town girl at heart! Meghan started her time in Alpine at the Kit Carson Lodge in 2016, and she has now found herself as the new manager of the Chamber of Commerce. Meghan has over twenty years of experience in accounting and bookkeeping. The Chamber's current challenge is its lack of streamlined information throughout the County and the available resources. Stop by the Chamber if you'd like to let Meghan know what committees and coalitions there are or to share information and resources.

Some of the upcoming projects that the Chamber is excited about are rebranding the Chamber and having new community partnerships for events for the County. Meghan is gearing up for the Death Ride on July 15 and the Alpine and Washoe Mountain Gathering in September, stay tuned for more information.

When Meghan isn't working on bringing fun interactive events to Alpine County, she can be found with her thirteen-year-old hiking, rock hounding, and taking photos of the beautiful mountains she gets to call home! Stop by and say hi to the new Alpine County Chamber of Commerce manager! Meghan is looking positively towards the future.

Alpine County Chamber of Commerce hours: 7 days a week. Check the website for updated hours:  
<https://alpinecounty.com>.

## ALPINE COUNTY OPEN POSITIONS

### FULL-TIME JOBS

#### **Bear Valley Community Outreach Nurse**

Posted May 25, 2023, 8:00 AM | Open Until Filled

Bear Valley Outreach Nurse Health and Human Services Full time benefited position Salary Range 48B: (\$31.93-\$38.82) per hour | Open until filled.

#### **Chief Deputy Auditor/Controller**

Posted May 25, 2023, 8:00 AM | Open Until Filled

CHIEF DEPUTY AUDITOR/CONTROLLER Department of Finance Markleeville, CA Salary Range 43: (\$24.43-\$29.70) per hour | Open until filled.

#### **Deputy Sheriff I/II**

Posted May 25, 2023, 8:00 AM | Open Until Filled

DEPUTY SHERIFF I/II, LATERALS ACCEPTED, NO RECRUITS, Sheriff's Office, Markleeville, CA. Salary Range Deputy Sheriff I-42: (\$27.59-\$33.54) per hour | Open until filled.

#### **Public Health Nurse**

Posted May 25, 2023, 8:00 AM | Open Until Filled

Public Health Nurse, Health and Human Services, Markleeville, CA. Full-time benefited position Salary Range 51B: (\$37.01-\$44.99) per hour | Open until filled.

### PART-TIME JOBS

#### **EXTRA HELP-First Five Play Group Facilitator**

Posted May 25, 2023, 7:00 AM | Open Until Filled

Play Group Facilitator-Extra Help X 2, One position in Markleeville, CA, and one in Bear Valley, CA. First Five, Health and Human Services | Open until filled.

#### **Social Services Aide-Extra Help Only**

Posted May 25, 2023, 7:00 AM | Open Until Filled

Social Services Aide-Extra Help Health and Human Services Salary Range 38A Salary: \$19.39-\$23.57 per hour | Open until filled.

**Please visit our website for full job descriptions and to apply.**

Scan the QR code below or  
go to: [www.alpinecountyca.gov/jobs](http://www.alpinecountyca.gov/jobs)



## Alpine Threads Editorial Board

### First 5 Alpine

75 Diamond Valley Road  
PH: 530-694-2235 ext. 227  
[www.alpinecountyca.gov/523/First-5-Alpine](http://www.alpinecountyca.gov/523/First-5-Alpine)

### Alpine County Health and Human Services

75 B Diamond Valley Rd.  
PH: 530-694-2146  
FAX: 530-694-2252

### The Learning Center and Local Child Care Planning Council

100 Foothill Rd.  
PH: 530-694-1148

### Website Links

- [www.alpinecountyca.gov/calendar](http://www.alpinecountyca.gov/calendar)
- [www.alpinecountyca.gov/523/First-5-Alpine](http://www.alpinecountyca.gov/523/First-5-Alpine)
- [www.alpinecounty.com](http://www.alpinecounty.com)
- [www.alpinewatershedgroup.org](http://www.alpinewatershedgroup.org)
- [www.alpinebiomasscommittee.wordpress.com](http://www.alpinebiomasscommittee.wordpress.com)
- [www.spnawareness.org/](http://www.spnawareness.org/)

### ATTENTION LOCAL ORGANIZATIONS & AGENCIES

If you'd like to share your website link send it to Gina at [gina@originalmatteoni.com](mailto:gina@originalmatteoni.com) and we'll add it to our column.

*Disclaimer: This wellness-focused publication is not intended to provide timely news and/or personal, political or discriminatory statements. Alpine Threads Editorial Board reviews all content.*



## ALPINE THREADS

75 B Diamond Valley Rd.  
Markleeville, CA 96120  
Phone: (530) 694-2146

Addressing the needs of the  
Alpine County Community

## Healthy Eating, in a SNAP!

### Summer Succotash with Grilled Corn



Serves: 6

### Ingredients

- 6 ears sweet corn, cleaned (about 3 cups)
- 3 tablespoons extra virgin olive oil
- 2 pints cherry or grape tomatoes, halved
- ¼ cup green onion, thinly sliced (optional)
- 2 tablespoons flat-leaf Italian parsley, chopped
- 2 tablespoons cilantro, chopped
- 2 tablespoons fresh basil, chopped
- Zest and juice of small lime
- 1 teaspoon coarse salt
- ½ teaspoon freshly ground black pepper

### Directions:

Preheat grill to medium-high heat. Place ears of corn on hot grill and cook 10-15 minutes, until corn is slightly charred and kernels are tender. Remove the sweet corn from the grill and allow to completely cool.

In the meantime combine cherry tomatoes, green onion, herbs and lime zest and juice in a large bowl. Slice the corn kernels off the cobs and add to the bowl. Toss together with remaining olive oil, salt and pepper. Taste and adjust seasonings, if necessary.



For more recipes, borrow SNAP-Ed cookbooks  
from the Library and the Woodfords Indian  
Education Center.



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**POSTAL CUSTOMER**